

ZOOM MEETINGS
& TRAININGS.....1ALLIANCE MENTAL
HEALTH FREE
WEBINARS.....2SUMMER CAMPS
SUGGESTED BY
ACT.....2

STFC – SUPPORTING FOSTER FAMILIES

IN PERSON**KAMLOOPS**

Foster Parent Drop-In
Wednesday
9:00am - 11:00am (PST)
The Loft - 290 Maple St.
 (2nd Floor of grey building)

WILLIAMS LAKE

Music in the Park
Thursdays through to Aug 22
6:00 pm (PST)
 Boitanio Park

WILLIAMS LAKE

Fun in the Park
Tuesday, July 9 & 23
10:00 am – 12Noon (PST)
 Kiwanis Park

100 MILE HOUSE

Fun in the Park
Thursday, July 11 & 25
10:00 am – 12Noon (PST)
 Centennial Park

VIRTUAL

WEST KOOTENAY
Foster Parent Drop-In
Fridays
11:00am - 12noon (PST)
Zoom ID: 250 608 7674

WEEKLY Communiqué

EMERGENCY PREPAREDNESS

With fire season just around the corner, here is a quick reminder about ensuring that you are prepared this summer holiday. Be sure to pack a grab-and-go bag and have a plan for where you will go and who to notify. (Remember to let your Resource Social Worker and the Child's Social Worker know your plan ahead of time.)

YOUR GRAB-AND-GO BAG

1. Medication (at least a 4 day supply)	9. Flashlight and batteries
2. Complete changes of clothes for 4 days. (Include underwear, socks, PJs)	10. AM/FM Radio
3. Security items: favorite toy, book, etc.	11. Blanket
4. Spare pair of glasses	12. Cell phone AND charger
5. Snacks	13. Pen and notepad
6. Water	14. Personal toiletries
7. 1 roll of toilet paper for each person	15. Small first-aid kit
8. Some extra cash in small bills	16. Pillow and small foldable blanket
17. Any valuables you want to take with you.	
18. Important Documentation: Have copies of any personal information such as care card numbers, birth certificates, social worker names and numbers etc. Ensure you have a copy of your home insurance.	
19. If you have animals: Ensure you have crates, leashes, food, etc. in an easily accessible place. If you have pet insurance, take a copy with you.	
20. Consider attaching a tag: e.g. remember to grab: *Medication in fridge *Pet food/cage, etc.	

TRAVEL REMINDERS

Please remember to ensure that your children and/or youth in care have proper helmets, life jackets and other safety gear for their fun in the sun! If you are planning to travel over the holidays, you must inform your Resource Social Worker and the child/youth Social Worker of your plans ahead of time. Make sure they have an emergency contact number that they can reach you at. If you are traveling out of province/country be sure to leave enough time to have your border crossing letters completed.

**Foster Parent & Contracted
Caregiver Support
EVACUATIONS**

Please call this number if:

- ↳ You are in an impacted area and have been evacuated and / or:
- ↳ You have been or need to be evacuated and require support to seek alternate accommodation

1-800-663-9122

(Please provide your new location and contact information.)

FREE WEBINARS

BY MINDSPRING MENTAL HEALTH ALLIANCE

JULY 24 12 NOON (PST): UNDERSTANDING OPPORTUNIST DEFIDENT DISORDER "It's not unusual for children and teenagers to be defiant, and to question authority on occasion. Discuss how disordered behavior is distinguished from typical child development and explore the diagnostic criteria, causes, and treatment of oppositional defiant disorder in this one-hour seminar with a licensed therapist."

AUGUST 6 12 NOON (PST): SELF-CARE AND WELLBEING: A HANDS-ON APPROACH TO BETTER HEALTH "It's normal to experience anxiety, fear, anger, and grief during times of uncertainty. Now, more than ever, it's important to recognize these feelings and allow time to recharge – but too often we feel guilty for taking time to meet our basic needs. Explore what self-care is, why it's so important, and learn techniques for incorporating self-care into your daily life with a licensed therapist."

AUGUST 13 12 NOON (PST): UNDERSTANDING ANXIETY "Occasional anxiety is an expected part of life. But anxiety disorders involve more than temporary worry. An accessible guide to understanding what causes anxiety disorders and the types of anxiety, their symptoms, common misconceptions, and how relationships are impacted. Discuss co-occurring disorders, treatment options, and learn practical tips for managing symptoms and helping others with a licensed therapist."

AUGUST 14 8:00am (PST): UNDERSTANDING ANXIETY "Persistent fatigue, low self-esteem, poor concentration, and feeling hopeless puts people at higher-than-average risk for suicide and self-harm, and symptoms can continue indefinitely without treatment. Discuss the signs and symptoms of persistent depressive disorder, what causes it, and who is at risk in this one-hour seminar."

AUGUST 14 12 NOON (PST): UNDERSTANDING GRIEF "Grief is a natural reaction to the loss of a loved one, and in most cases grief symptoms decrease over time. But for some people, intense grief persists and is severe enough to cause problems in everyday life. Explore the symptoms, risk factors, diagnostic criteria, and treatment of prolonged grief disorder with a licensed therapist and learn practical tips for managing symptoms and supporting loved ones in this one-hour seminar."

Be sure to check out their many other webinars too by visiting:
<https://www.mindspringhealth.org/get-involved/webinars-and-events>

SUMMER CAMPS

ACT has been gathering information on fun activities for all ages.

For more info, visit:

<https://www.actcommunity.ca/community-events/summer-camps-activities>

SOCIAL SCIENCE SUMMER CAMP

TEENAGERS July 17 – July 20 Ages 12-17

"The Autism and Developmental Disabilities Lab (ADDL) is hosting a fun, FREE event called the Social Science Summer Camp for children with and without a diagnosis of Autism Spectrum Disorder (ASD)! Autistic and non-autistic children will get to engage with each other in various activities, play exciting games, make crafts, and participate in research, science, and learning activities. This experience is available for free through a research fund, so we ask that caregivers complete surveys about their child for research purposes (most surveys can be completed online). For more information please email: addr@sfu.ca"

ECO ADVENTURE CAMP! –

Salmon Arm July 22 – July 26 (Ages 8-14) and Aug 26-30 (Ages 6-12)

"Summer is not just a time for fun and relaxation; it's also a crucial period for social development, especially for autistic and neurodiverse youth. Engaging in social activities during the summer can have a profound impact on their emotional and social well-being. Group runs daily for one week from 9:00 am to 3:00 pm." To register, visit: <https://pivotpoint.ca/salmon-arm-day-camps/>

BROUGHT TO YOU BY:

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WELCOME TO FED CONNECTS!

Fed Connects is a virtual space where the Fed Family can come together, share their experiences, stay well and learn new things!

WORKSHOPS • LIVE EVENTS • DISCUSSIONS • INFO SHARING

AND LOTS MORE!

BY COMING TOGETHER, WE'RE NOT ALONE

Have a youth in care? Be sure to check out our website or Facebook page!

Need resources or information?

Check out our website!

Are you wanting more information about upcoming training in your area, helpful resources or information about our program? Find all this and much more at our website:

www.icsfp.info



Find us on Facebook!

Connect with us on our

'ICS Support To Family Care Network' Facebook page and our agency's 'Interior Community Services' Facebook page.

"There are those who see the need and respond. Those people are my heroes." Fred Rogers